



NEWSLETTER

News for and about Newtown Seniors
A publication of the Newtown Senior Center



March 2022



8 Simpson Street, Newtown, CT 06470 Tel. (203) 270-4310

Hours: Monday through Friday 9:00 am - 4:00 pm

DAILY PROGRAMS

MONDAY

10:00 Tai Chi

11:00 Women's Discussion

11:00 Billiards

1:00 Zumba Gold

2:00 Ping Pong

TUESDAY

10:00 Crafting Crew

10:00 Flex fit & Tone

10:00 Cards

10:00 Art

11:00 Billiards

1:00 Floor Yoga

1:00 Poker

WEDNESDAY

9:00 Deep Stretch

10:00 Crafting Crew

10:00 Cards

10:30 Line Dancing

11:00 Billiards

2:00 Speaker

THURSDAY

9:00 Chair Pilates

10:00 Cards

10:30 Spanish

11:00 Billiards

1:00 Chair Yoga

2:00 Technology

Assistance w/Zack

2:15 Move n' Grove & More

FRIDAY

9:00 Floor Yoga

10:00 Cards

10:00 Crafting Crew

10:30 Broadway Burn

12:00 Lunch & Learns

12:00 Knitting/Crochet

2:00 Billiards

EXERCISE - HEALTH - FITNESS

Tai Chi w/Audra

Monday at 10:00 am

Peacefully flow through forms synchronizing breath with meditative gentle movement improving your balance, flexibility, cardiovascular fitness, and sleep quality. Tai Chi practice helps to relieve pain, heal disease, reduce stress, and support PTSD and substance recovery.

Capacity: 20, in-person only.

Meeting ID: 817 7039 9718

Passcode: 456773

Zumba Gold w/Matthew

Monday at 1:00 pm

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Capacity: 15, in-person

Zoom ID: 824 0535 4495

Flex, Fit and Tone w/Claudia

Tuesday at 10:00 am

This is a conditioning class using your weights, bands, and balls to strengthen and stretch your entire body.

Capacity: 20, in-person

Zoom ID: 811 2812 0547, psswd: 732126

Floor Yoga w/ Eileen

Tuesday at 1:00 pm & Friday at 9:00 am

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

Capacity: 20, in-person

Meeting ID: 870 3129 6882 Passcode: 267691

Deep Stretch w/Jennifer

March 2nd class is canceled.

Wednesday at 9:00 am

Set to soothing music, low-impact stretching, and breathing exercises designed to de-stress you physically and mentally while increasing flexibility.

Dress comfortably.

Capacity: 20, in-person

Zoom ID: 853 5273 9926, psswd: 735838

TO PARTICIPATE IN CLASS VIRTUALLY GO TO ZOOM.US

ENTER THE MEETING ID AND PASSWORD IF REQUIRED

Line/Country Dancing w/Jill

Wednesday at 10:30 am

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, and execute the steps at the same time.

Capacity: 15, in-person only

Chair Yoga w/Eileen

Thursday at 1:00 pm

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength, and balance. Ends with meditation. You'll feel fabulous!

Capacity: 20, in-person

Meeting ID: 870 3129 6882 Passcode: 267691

Move n' & Grove and More w/Eileen

Thursday at 2:15 pm

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness)

Capacity: 15, in-person only

Chair Pilates w/Claudia

Thursday at 9:00 am

Chair-based fitness program which improves balance, and posture. Works spinal flexion, extension, and side banding through different stretching positions. Increases strength and improves mood and energy with fun and invigorating movements.

Capacity: 20, in-person

Zoom ID: 814 5673 8076, psswd: 631529

Broadway Burn w/Matthew

March 18th class is canceled.

Friday at 10:30 am

Fun and heart-pounding cardio stretch class that incorporates Broadway jazz and musical theater patterns in an easy-to-follow workout set to your favorite show tunes from television, movies, and of course Broadway. This class is geared to seniors and includes chair work to achieve the same muscle activation without the need to stabilize as much and to create an even lower impact class.

Capacity: 15, in-person

Zoom ID: 885 5331 3448

WEEKLY PROGRAMMING

CRAFTING CREW

Tuesday, Wednesday & Friday 10:00 -1:00 pm

Come join the fun and create amazing crafts. The crew is always looking for crafters to join the group, no skills are necessary.

CHICKEN SOUP FOR THE SOUL

Monday 11:00 am

Women's Discussions Group - come and discuss recipes, family traditions, & women's issues. Come and share your story.

PING PONG PLAYERS GROUP

Monday 2:00 pm

Bring a friend and enjoy a great game in the exercise room. Open play.

ART CLASS W/LYNN

Tuesday 10:00 am - 12:00 pm

Find your inner artist! Students of all skill levels are welcome. Watercolors, acrylics, oil paint, pastels, colored pencils, watercolor pencils will be provided. Come and discover your media of choice or continue to work with your favorite in a relaxed and sociable environment.

TECHNOLOGY ASSISTANCE W/ZACK

Thursday from 2:00-4:00 pm

Meet with Zachary for all of your technology needs. Fix something gone haywire, learn how to use a device's features, or even get advice on purchasing something new.

MEN & WOMEN'S POKER GROUP

Tuesday 1:00 pm

Enjoy a friendly game of no stakes Poker with a wonderful group. The game starts promptly at 1:00 pm – please arrive early to determine teams prior to starting.

SPANISH LESSONS W/LOUISE

Thursday 10:30 am - 11:30 am

Learn Spanish with us! **New members invited.** Registration required.



KNITTING & CROCHETING GROUP W/ JANE

Friday 12:00 pm

Over 10 wonderful women join together each Friday for the past 30 years. Come and be a part of the group.

IMPORTANT UPDATE REGARDING OUR MEAL PROGRAM:

This month the meal program with our new provider, Whitsons, is returning! Join us for a delicious, hot meal served in the multipurpose room.

For the month of March, lunches will be served on Tuesdays and Thursdays at noon for \$3.00 per meal. There are 10 reservations available for each meal in March. Please sign up with the front desk. The menu is located in the newsletter.

MONTHLY PROGRAMMING

PARKINSON EXERCISE CLASS W/ STEPHANY FROM NEWTOWN REHABILITATION

Every first Tuesday of the month. Experts recommend that people with PD, particularly those in the early stages, exercise with intensity for as long as possible, as often as possible. *Limit 15 Participants*

March 1st, 11:15 am

MEN'S "BREAKING NEWS" BREAKFAST CLUB

Meets the last Friday of the month at the Blue Colony Diner. Special menu for our seniors, a delicious meal for only \$12.00, tip included.

March 25th, 9:30 am

HEARING TESTING & HEARING AID MAINTENANCE CLINIC

Hearing Aid Specialists of CT, Carol Maksimow ACA, BC, HIS. During the Hearing Testing & Evaluation Process, a hearing healthcare professional will gather information about your specific hearing concerns and your general medical history. After your hearing history, the hearing healthcare professional will physically inspect your ears. Do you wear a hearing aid?? Sign up to get a cleaning for your hearing aids. Call to reserve your 15-minute spot.

April 26th, 9:30-12:00

WESTERN CT PARKINSON GROUP

The group meets on the first Wednesday of the month. People with Parkinson's, family members, caregivers and anyone interested in learning about Parkinson's Disease is welcome.

March 2nd, at 1:30 pm

COFFEE & CONVERSATION WITH THE FIRST SELECTMAN

First Selectman Daniel C. Rosenthal will join us for coffee and conversation from 9:30-10:30. Join us to hear about issues and ask questions you have that are important to seniors.

March 8th, 9:30 am

BLOOD PRESSURE SCREENING W/JOAN

March 10th, 9:00-11:00 am



SENIOR PAW PROJECT

Honoring the bond between caregivers and their pets, the Senior Paw Project provides critically needed pet food, veterinary care assistance, and foster/respite care to senior pet owners struggling to keep or care for their animals.

The Senior Paw Project is a referral-based program. Partnering with 12 municipal housing authorities, senior centers, food pantries, and veterinarians, they step in to prevent the difficult choice of feeding themselves or their pets, or foregoing veterinary care due to financial hardship.

To learn more, please email the Foundation at seniorpaw@cvhfoundation.org or call 866-620-8640 x701.

For free food for your pet, please ask the front desk.

LUNCH & LEARNS...& SPECIAL EVENTS

March 4th @ 12:00 pm Dr. Ashfar Vein Institution Rescheduled for May 13th

President and Founder Alex Afshar, M.D., leads the team at Vein Institute, which offers a warm, welcoming, and relaxing environment. The team works with both men and women to diagnose, treat, and eliminate the pain and embarrassment caused by varicose and spider veins. Since establishing the Newtown office in 2008, Vein Institute has expanded across Connecticut. The team works to provide patients with the most advanced, out-patient, office-based procedures including radio-frequency ablation, Venaseal®, ambulatory phlebectomy, sclerotherapy, and infrared coagulation for the treatment of hemorrhoids. All clinical staff are BCLS certified by the American Heart Association and all of our providers are also members of the American Vein & Lymphatic Society.

March 11th @ 12:00 pm Catherine Violet Hubbard Animal Sanctuary

Goats Galore, guided hikes, to a low-cost health and wellness clinic for your pet. Jenny Hubbard from the Catherine Violet Hubbard Animal Sanctuary will be filling you in about all the ways the Sanctuary has you covered this spring!

March 18th @ 12:00 Robin Capone & Medicare Open Enrollment 2022

Open enrollment is ending March 31st. Come learn about the open enrollment season this is the time of the year when you may change Medicare advantage plans after the annual enrollment period ended December 7, 2021. During open enrollment, if you are dissatisfied with your Medicare advantage plan you may change plans once until March 31st.

March 25th @ 12:00 A Legacy with AccentCare

Join AccentCare for lunch and a creative journey into your legacy! Leaving a legacy is a way to capture life stories, lessons, sentiments, memories, and traditions. Legacies convey what we want remaining generations to know and understand about our life experiences. They help us to remember and heal as we carry on important traditions.

Lunch & Learns Zoom Link

Meeting ID: 849 9925 9416, Passcode: 899631

Special Event: Sunday, March 6th 2:00-4:00 pm. . . . Mardi Gras Madness Party

The Newtown Community Center & Senior Center present Mardi Gras Madness. Join us for mask making, jazz music, dancing and treats from the French Quarters! This event is being held at the Community Center. Call the Senior Center to reserve your spot.

Special Event: Thursday, March 17th @ 12:00 . . . Saint Patrick's Day Bash

Join us for live entertainment by Anita Siarkowski, the "Accordion Chameleon and of course a corned beef & cabbage feast. Followed by Bingo with Maria. 50 reservations available. Call to reserve. \$5.00 per member.

*****Please sign up for the Lunch and Learns at least one week in advance. Accurate numbers are necessary in order to ensure enough food is ordered and everyone can be accommodated.**

SPEAKERS & PRESENTATIONS

March 9th & 23rd @ 2 pm. . . . Finding Your Voice Through Memoir Writing w/Nancy Kessler

Ever wonder what will happen to all those wonderful stories hidden within your photo albums and shoeboxes full of memorabilia? Here is a special way to share and pass down those memories, and create a forever gift to your family. By reminiscing out loud in class, answering provocative and probing questions, participating in group conversations to be recorded, and completing assignments, students will begin the process of organizing and presenting their life stories in writing.

March 15th @ 11:00 am. . . . Beauty Secrets w/Laura Bautista

Learn today's best-kept secrets for hair and beauty. Laura returns to share more secrets with you!

March 15th @ 2 pm. . . . Standing Guard: Protect What You've Worked For w/Maria Xavier

Maria shares strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income. This presentation covers risks that could impact your clients financial strategy and solutions to protect against these risks: creating a foundation to protect against unexpected events, protecting your income during retirement, & addressing rising health care and long-term medical care costs.

March 21st @12:30 Lasagna w/ LEREINE \$3.00 sign up to enjoy a nice hot lunch before our trivia game with Zack & Judy.

March 21st @ 2 pm. . . . Trivia w/Zack & Judy

Test your knowledge at trivia afternoon! Compete to score more points than your rival teams. Choose from 5 distinct categories: American history, entertainment, sports, geography, and potpourri. Can you and your teammates emerge victoriously?

March 22nd @ 1 pm. . . . Poems w/Tim Frances

Come and share your favorite poem. And as people wonder and as people stare, as you're talking to things that just are not there. I will stand beside you and I'll make them see, if it's real to you, then it's real to me."

March 24th @ 2 pm. . . . Are You Experiencing Any of These? w/Drew Mulvey

Are you struggling with: Weight Loss Resistance? Low Energy? Poor Recovery From Workouts? Irregular Cycles? Confusion and Fear Around Food? Autoimmunity? Food Sensitivities? Sense of Well Being and Anxiety? Digestive Upset Including Bloating, Constipation, or Pain? Frequent Illness? Come and receive all the answers to these questions.

March 28th @ 2 pm. . . . In-house Tours w/Sherry, Judy & Jennifer

Come and explore Britain's Medieval Castles without leaving Newtown!

March 29th @2 pm. . . . Housing Market w/JaKeith "Action" Jackson from Yellowbrick Real Estate

Join JaKeith as he discusses the pitfalls and outlooks of today's real estate market. Learn techniques on how to boost your property's value, what to look for in an agent and how to get the most out of your property in a very competitive market. JaKeith will answer questions and provide insight to some of the market's crazy twists and turns.

March 30th @ 11:45 am. . . . Newtown Smiles

Newtown Smile Dentistry specializes in cosmetic dentistry, dental laser treatment, sedation dentistry, root canal therapy, digital dentistry, clear aligner orthodontics, periodontal therapy, and dental implants. Their team focuses on the needs of each patient to provide a comfortable patient experience in a relaxing and modern environment.

March 31st @ 2 pm. . . . Retirees Top 5 Financial Concerns & How to Resolve Them w/Haas Insurance

This will be an engaging and interactive seminar led by Tim Haas, CFP®, RMA® who will host a conversation with attendees about their top concerns and then address different solutions that should help make life a little easier and more enjoyable. Many retirees struggle to keep up with rising costs, some are concerned about healthcare and others worry about their children's finances. What options are available to help? Many financial advisors seem to promote a certain product or solution. The purpose of this seminar is to listen and share a variety of solutions that might help improve results in specific situations. Attendees will have an opportunity to follow up with Mr. Haas after the seminar for a free 30 minute, no-obligation consultation.

SERVICES & INFORMATION

Newtown Meals on Wheels

Nutritional meals (regular and special) are delivered at a reasonable cost. To inquire about becoming a meal recipient call Janet at 203-270-1960.

F.A.I.T.H Food Pantry

Located at 46 Church Hill Road (behind St Rose of Lima Church Sanctuary). The pantry is available to help residents with food and toiletries. The Food Pantry is available to low-income households in Newtown. Pantry is open Tuesday 9:30 to 11:30 a.m. and Thursday 6-7:30 pm.

Donations to the Pantry can also be made at these times, and at locations around town. Items always needed: soup, canned fruit, rice, tomato products, cereal, peanut butter/jelly, personal products, cat/dog food.

For more information: 203-426-5604.

www.newtownfoodpantry.org

Municipal Agent for the Elderly

(203) 270-4330

Connecticut Energy Assistance Program

Connecticut residents struggling to pay their utility bills can apply for home heating assistance at their local Community Action Agency (CAA). The Low Income Home Energy Assistance Program (LIHEAP), a federal program (administered by the CT Department of Social Services) that provides home heating assistance. Homeowners and/or renters may apply, and funds may be used to pay for whatever source of heating residents have in their homes. This includes wood, electric, oil, kerosene, or natural gas.

The program runs from August 2021 thru May 31, 2022.

To make an appointment or to answer any questions call Jackie @ 203-270-4331 or Alyssa @ 203-270-4330.

AARP Tax Assistance Program

The Danbury Senior Center is welcoming seniors from other towns for their tax preparation program. It will take place on Mondays and Wednesdays by appointment. For more information call 203-797-4686.

Newtown Chore Services

Friends of Newtown Seniors (FONS) Chore Services is a service to support Newtown Seniors with the ability to remain in their home safely, independently, and comfortably. FONS volunteers can assist with numerous chores. Clients can make a donation to FONS for these services according to their income. For larger, more complex jobs Chore Service maintains a list of vetted, highly recommended professionals, vendors known to be reliable that can assist with electrical, plumbing, carpentry, home remodeling, and landscaping, just to name a few. Fees for these services are based on the individual contractor and not considered volunteer services. Don't let small issues go until they become large problems.

Call Bev Bennett Schaedler, Coordinator 203-430-0633

fonschoreservices@gmail.com

Western Connecticut Area Agency on Aging (WCAAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED

information on Medicare, and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare the Prescription drug-benefit, Medicaid, Preventative Benefits, Care Giving issues, and more. The WCAAA can assist in filling out applications for different programs you may be eligible. For more information please call WCAAA at 1-800-994-9422 or 1-203- 757-5449.

TRANSPORTATION OPTIONS:

SweetHART Bus

For Reservations (203) 748-2511

Cancellations/Confirmation (203) 830-4399

Comments/Questions (203) 744-4070

Be Driven (203) 426-7820

CARE Rides (203) 219-6273

Smart Driver Virtual Classes for Connecticut

March 23 at 12:30 and the course length is approximately

4 Hrs, 15 Mins. <http://aarp.cvent.com/dsvirtual>

The cost is \$23.95 for AARP members, \$29.95 for non-members.

Drivers will get a discount on their auto insurance when they provide their insurance company with information indicating their completion of the course.





Senior Center Menu

March 2022

Tuesday 3/8:

Lemon Pepper Salmon

Served over a bed of rice pilaf and sauteed broccoli and garlic finished with a balsamic reduction. Dessert to include a banana parfait.

Thursday 3/10:

Pork Milanese

Breaded and pan seared pork chop served over a bed of capellini pasta and sauteed spinach finished with a lemon bure Blanc sauce. Dessert to include a warm double chocolate brownie.

Tuesday 3/15:

Garlic Butter Chicken

Grilled marinated chicken served with oven roasted potatoes and green beans. Dessert to include strawberry shortcake.

Thursday 3/17:

Corned Beef and Cabbage

A traditional St. Patrick's Day meal: Corned Beef, cabbage, carrots, seasoned and steamed potatoes.

Dessert to include a shamrock cookie.

Tuesday 3/22:

Rigatoni Bolognese

Rigatoni pasta tossed with Italian seasoned beef and marinara sauce topped with whipped ricotta cheese. Dessert to include chocolate mousse.

Thursday 3/24:

Chicken Cordon Blu

Breaded and pan seared chicken stuffed with ham and Swiss cheese. Served with garlic whipped potatoes and sweet maple carrots finished with a mustard cream sauce. Dessert to include a fresh fruit parfait.



FEBURARY HIGHLIGHTS AT THE NEWTOWN SENIOR CENTER



Memoir Writing Program w/Nancy



Pizza Party



In-House Tour of Italy



Presentation by Czepiga & Daly Pope & Perri



Cupcake Decorating



Valentines Party Heart-y! with Parks & Recreation



Coffee & Conversation w/our First Selectman



Essential Oils w/Joan



Painting Wine Glasses



Socializing



Saint Patrick's Party



**JOIN US FOR A CELEBRATION
MARCH 17TH AT 12 PM**

\$5.00 PER MEMBER

50 RESERVATIONS AVAILABLE

CALL TO REGISTER 203-270-4310

PIANO ACCORDION ENTERTAINMENT

Anita Siarkowski

"THE ACCORDION CHAMELEON"

**CORNEDBEEF & CABBAGE WITH POTATOS, IRISH SODA BREA & DESSERT
FOLLOWED BY BINGO WITH MARIA**

*May everywhere you go and
everything you do, may the luck
of the Irish be with you*



TOURS WITH JUDY

Tours with Judy are back!

The Clock Museum in Bristol followed by lunch at the Hidden Cafe!

April 21st, Depart @ 9:30 am \$15.00 pp

Thimble Island Cruise then off to the USS Chowder Pot III for lunch

May 20th, Depart @10:45. \$25.00 pp

Classic Lighthouse Cruise from New London CT. Please bring a bag lunch.

June 15th, Depart @ 11:30 \$40.00 pp

Tours have availability for 15. Payment is needed to register
(note: for Thimble Island CASH ONLY)

As we reintroduce our tours please be considerate to your fellow members.

If you have already attended one of our tours you will be placed on a waitlist then will be notified one week prior to our trip if the trip is not filled.

Tours are designed to educate and stimulate your brain, while exploring Connecticut hot spots! Please review our Newtown Senior Center handbook for our policies on our trips.





MARCH 27

LOW COST health & wellness clinic for pets of seniors and senior veterans.

\$60 per pet (cash/check)

Appointments available between 9am-12. Limited to 36.



- ☒ Wellness check
- ☒ Vaccinations
- ☒ Basic deworming
- ☒ Heartworm testing & preventive (*dogs only*)

Offering at an Additional Charge

Ear cleaning/treatment

Microchipping or flea/tick treatment

Nail clipping



**VETERINARY CARE
EVERYWHERE**



HELPING ALL COMMUNITIES ACHIEVE

Petopia

**Call the Senior Center for appointment
(203) 270-4310**



Saint Patrick's Day

March 17

J	Q	Y	E	S	H	A	M	R	O	C	K	G	B	I
S	J	E	L	U	N	T	D	K	Z	R	X	T	I	V
M	L	W	I	Y	K	B	B	E	C	L	O	V	E	R
M	E	B	M	D	Y	B	I	X	J	D	I	U	Q	A
B	P	B	E	K	A	P	N	R	U	U	L	R	E	I
B	R	H	R	G	U	N	N	V	E	B	T	L	G	N
Y	E	A	I	E	O	C	C	Y	K	L	S	S	L	B
Q	C	Y	C	D	Z	L	P	E	H	I	A	U	V	O
G	H	Q	K	A	Z	C	D	E	B	N	C	N	L	W
H	A	I	A	R	X	V	M	Y	L	K	E	C	D	B
F	U	B	B	A	X	E	Z	F	A	E	B	H	J	H
V	N	E	K	P	R	M	L	B	R	P	R	A	C	E
J	Z	P	D	A	J	M	N	G	N	P	Q	R	J	R
P	P	N	L	E	E	J	D	I	E	P	A	M	X	B
Q	O	D	R	Z	E	M	H	Q	Y	M	M	V	H	I

BLARNEY
CHARM
CLOVER
DANCE
DUBLIN
EMERALD

GOLD
GREEN
IRELAND
ISLE
LEPRECHAUN
LIMERICK

LUCK
MARCH
PARADE
RAINBOW
SHAMROCK



MORE INFORMATION



Greetings to our members from the Department of Human Services Team!

We're here for you. The mission of Human Services is to support a high quality of life for the Newtown Community through services, programs, and information that promote mental, physical, and social well-being.

The team's offices are located in Fairfield Hills between the Senior Center and 28 Trades Lane. Within the services and programs provided are specialized support for seniors and an array of programs and services offered at your Newtown Senior Center, Center for Active Living.

Located at 8 Simpson Street, 203-270-4310

Natalie Jackson, LCSW, Director of Human Services

Natalie.Jackson@Newtown-ct.gov

Judy Thomas, Senior Center Assistant

Judy.Thomas@Newtown-ct.gov

Jennifer Faircloth, Senior Center Aid

Jennifer.Faircloth@Newtown-ct.gov

Located at 28 Trades Lane, 203-270-4330

Corinne Ofgang, LPC, Clinical Manager

Corinne.Ofgang@Newtown-ct.gov

Alyssa Cole, MSW, Care Navigator

Alyssa.Cole@Newtown-ct.gov

Jackie Watson, Case Manager

Jacqueline.Watson@Newtown-ct.gov

NEWTOWN COMMISSION ON AGING

D- ANNE ROTHSTEIN Chair 203-426-2334 arothstein@aol.com

R- BARBARA BLOOM Vice Chair 203-648-6905 bbloom4388@aol.com

R- JOANNE ALBANESI 203-304-1401 jalbanesi@charter.net

U- LARRY PASSARO 203-426-1346 Passer624@aol.com

D- LEREINE FRAMPTON 203-426-3979 lereinebus@gmail.com

U- CLAIRE THEUNE 203-304-8166 ctheune@att.net

D- PATRICIA GOGLIETTINO 203-770-7395 triciagog@live.com

U- NICOLE CAMPOREALE 973-943-9668 nicole@wileylegal.com

D- LIA LEVITT 203-947-5271 lialevitt@gmail.com

Alternates

D- William Darrin 203-426-4818 billdarrin@charter.net

U- Xiao Han 912-398-5498 lilian861117@hotmail.com

D- Judit Destefano 203-906-9226 judit.destefano@gmail.com

Next COA Meeting: March 21st @ 4 pm, Municipal Center

